



Follow My Rhythm

32 Count 4 Wall High Improver Level Dance.
Choreographed by: Jaszmine Tan (MY) May 2025
Choreographed to: Body Talk by Lisa x Tyla
Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 STEP, SCUFF, ROCK BACK, ½ TIC TAC, HITCH, COASTER

- 1-3 Step LF forward, scuff RF from L to R, step on RF
4&5 Rock LF behind RF, recover RF, step LF to ¼ L (9:00)
6&7 Swivel R heel in, swivel L heel out making ½ R turn, hitch RF (3:00)
8&1 Step back on RF, close LF next to RF, step forward on RF

SEC 2 KICK, CROSS, SIDE ROCK, KICK, CROSS, SIDE ROCK, STEP, PADDLE ½

- 2&3& Kick LF forward, cross over RF, rock to R, recover on LF
4&5& Kick RF forward, cross over LF, rock to L, recover on RF
6-8 Step LF forward, paddle RF ¼ L, paddle RF ¼ L and step RF next to LF (9:00)

Restart Here on Walls 2 and 7

SEC 3 WALK, WALK, FORWARD COASTER, SWEEP BACK, PONY STEP

- 1-2 Walk forward L, walk forward R
3&4 Step LF forward, close RF next to LF, step back on LF
5-6 Step back on RF, sweep LF behind, step back on LF, sweep RF behind
7&8& Rock RF behind, recover, rock RF behind, recover on LF

SEC 4 PIVOT ¼, CROSS ROCK, PIVOT ¾

- 1-2 Step RF forward, ¼ L turn transfer weight to LF (6:00)
3&4 Cross rock RF over LF, recover, step RF to R

Restart Here on Wall 4

- 5-6 Step LF forward, ½ R turn transfer weight to RF (12:00)
7-8 Step forward on LF ¼ R, drag RF next to LF (end weight on RF) (3:00)

Ending After 12 counts of last wall, point LF ¼ R

